

## November 2012 Senior Services of Polk County

All menus have been verified to meet the Dietary Reference Intake (DRI's) established by the Food and Nutrition Council. Serving Size: 3 oz. meat/alternate, (2) ½ c vegetables, ½ c fruit, ½ c dessert, fortified margarine, milk and coffee. All menus subject to change.

MONDAY	TUESDAY	WEDNESDAY	WED. FLEX	THURSDAY	FRIDAY
Sloppy Joe w/ Bun 5 Red & Green Coleslaw Corn Grape Juice 110 Pumpkin Bar 776	Citrus Tilapia 6 Stewed Tomatoes 3 Bean Salad Tropical Fruit Salad Whole Wheat Roll 121 Rice Crispy Treat 936	Chef Salad 7 Baked Potato Apple Wheat Bread Cake Donut 106 787	Liver and Onions Lettuce Salad Baked Potato 112 772	Meatloaf 1 Yellow Squash Cr. Cucumber Salad Peas Whole Wheat Roll 108 Choc. Creme Pie 841	Italian Veg. Beef Soup 2 Cooked Cabbage Banana Multi Grain Bread 104 Fig Newton Bars 683
Closed For Veteran's Day	Tuna Ala King 13 Lettuce Salad Carrots Applesauce Whole Wheat Biscuit 99 Fig Newton 727	Beef Chili 14 Cooked Cabbage Peaches Cornbread Birthday Cake 117 782	Chicken Caesar Salad 105 846	Turkey & Gravy 15 Savory Whipped Potatoes Stuffing Yellow Squash Cranberry Sauce Whole Wheat Roll 162 Pumpkin Pie 1086	Chicken Stew 16 Cooked Cabbage Pineapple Wheat Bread 82 Peanut Butter Cookie 724
Grilled Chicken Breast 19 Red Beans and Rice Lettuce Salad Berry Blend 99 Sweet Pot. Spice Bar 659	Baked Cod 20 Potato Salad Spinach Mixed Fruit Wheat Bread 90 Mango Crisp 699	Cali Burger 21 Lettuce/Tomato/Onion Valley Salad Strawberries Sponge Cake 73 679	Hot Dog Let/Tomato/Onion 77 464	Closed For Thanksgiving	Closed For Thanksgiving
Baked Chicken 26 Sweet Potatoes Lettuce Salad Orange Rye Bread 116 Vanilla Pudding 817	Beef Chili 27 Spinach Apricots Cornbread Banana 128 913	Garlic Herb Tilapia 28 Diced Potatoes Broccoli Fruit Cocktail Wheat Bread 100 Applesauce Bar 577	Cottage Cheese Salad 63 445	Shredded Pork 29 Garlic Mashed Potatoes 3 Bean Salad Raisins Whole Wheat Bun 133 Dutch Apple Pie 825	Stuffed Green Pepper 30 Soup Carrots Red Grapes Wheat Bread 81 Bread Pudding 472

**GRIMES SENIOR MEAL SITE 515-986-5747 410 SE MAIN GRIMES COMMUNITY COMPLEX**

**FOR RESERVATIONS PLEASE CALL BY NOON THE DAY BEFORE AND BY NOON FRIDAY FOR MONDAY.**

**NO FEES FOR MEALS HOWEVER DONATIONS ARE ACCEPTED AND GREATLY APPRECIATED.**